



AUSTRALIA

U3AAA BULLETIN NUMBER 11

JULY 2014

ALLIANCE CHAIR MOVES TO QUEENSLAND



*Rhonda Weston (above), Queensland Network President,
is also the new Chairman of U3AAA.*

As the U3A Alliance Australia moves into its fifth year and Queensland Network takes on the responsibility of chairmanship I look to the future while thanking the past Chairpersons and foundation members for their foresight in the work already accomplished. The collaborative partnerships that are being formed by U3As around the nation are an indication that the Australia Alliance is important to the growth of the U3A organisation in our country. The measurable and immeasurable outcomes will assist with promoting our

organisation within our community. Important also is how partnerships can facilitate raising our profile with the playmakers and powerbrokers in our society.

Much is publicised regarding the challenges facing an ageing community and what impact this will have on the economy. I see great value in the resources that come from senior members of our society and U3A can offer the benefits of that resource to our nations' leaders. Policies that support active ageing and age friendly cities and communities will build strong foundations for the remainder of the 21st century.

Recently I attended and presented a paper at the 40th Anniversary International Conference in the French city of Toulouse. It was evident from listening to speakers from around the world that Lifelong Learning is important regardless of nationality, cultural background, gender, education level, economic status and life experiences. Elsie Mutton, President of VIC Network will be reporting on this conference elsewhere in the Bulletin.

Joining me to provide the secretariat while the Alliance chair rests with Queensland will be Queensland Network Secretary Adrienne Brougham and Queensland Network Treasurer Alan Williams.



*Adrienne Brougham
Queensland Network
and Alliance Secretary
and Alan Williams,
Queensland Network
and Alliance Treasurer*

I would like to extend my thanks to Allan Haggerty, NSW Network President for taking the time to attend the recent Queensland State Conference and for his contribution to the discussions. Interstate co-operation is highly valued.

I look forward to sharing the future with you.

Rhonda Weston, Alliance Chair

President – U3A Network Qld Inc. and U3A in Toowoomba Inc.

Queensland News

President Rhonda Weston put U3A Network Queensland on the world map along with delegates from 32 countries, at the 40th anniversary International conference in Toulouse France. Rhonda attended the conference at her own expense, armed with husband David's power point presentation showcasing Queensland and Queensland U3As. The Brisbane Lord Mayor's office provided promotional postcards and clip on koalas, advertising the upcoming Network Qld and Asia Pacific Alliance, International conference to be held at Brisbane City Hall 28th & 29th May, 2015.

Another high achiever Julie Porteous Vice President of the U3A Network Queensland Inc and President of U3A Redlands District has hosted the most successful two day U3A State conference held at the Redlands Performing Arts Centre with entertaining and informative speakers. It was attended by 150 delegates from 21 Queensland U3As, from Atherton Tablelands in the north to Roma in the west and south to the Gold Coast. The President from a small U3A said it felt like a big happy family reunion where ideas, successes and concerns could be freely shared.

U3A Network Queensland as the State's largest educator of the 'Over 50's' should rightly be proud of the 20% increase in membership experienced by most of the 33 autonomous U3A groups throughout Queensland, all achieved without government funding.

With the new U3A Howard District established thanks to U3A Maryborough, fledgling U3A Goondiwindi being mentored by U3A Warwick and the new hot spot U3A Atherton Tablelands

mentoring two new local areas, it goes to show the amazing response that can be provided by volunteers to the hunger for continued learning in the community. While State funding is not provided at present, we are fortunate that Local Councils are most appreciative and supportive of the work of their U3As who provide educational, physical and social networks to increase the happiness, health and mentally challenge their third age communities.

Retiring as Vice President from the Network Committee is Foundation President Jim Hales flanked by U3A Network Queensland State President, Rhonda Weston (left) and Adrienne Brougham (right) U3A Network Queensland State Secretary taken at the Redlands Rendezvous State Conference held at Redlands Performing Arts Centre, Cleveland, Brisbane.



Adrienne Brougham,
State Secretary, U3A Network Qld Inc.
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TASMANIAN NETWORK - A WORK IN PROGRESS

A successful inaugural gathering of all Tasmanian U3As, to take the first steps in the formation of a State U3A network, was held at the end of May.

The U3As will meet again in August in Campbell Town, the halfway point between Hobart and Launceston. Before then, all will inform their committees of this endeavour and the benefits of networking, and will return to the meeting table with their contribution to the vision..

In the past 18 months or so, 3 new U3As were formed in the north, and another 3 are potentially envisaged in 2014/5.

Caroline Richards, Tamar Valley U3A.

IAUTA: Conference

IAUTA: International Association of University of the Third age.

This was the 40th Anniversary of the movement celebrated at the IAUTA conference in Toulouse in early June.

The title of the conference was: "International cooperation and U3A"

I had the pleasure of attending along with Rhonda and David Weston from Queensland and Beverley and Lindsay Glen from Victoria.

To have the opportunity to present a paper on "International cooperation and Australian U3A" was a privilege. There were 32 countries who presented and it was interesting to hear how U3A works across Europe, Asia and the USA. In Europe U3A is mainly run out of a university. E.g. in Poland and Brazil an administrator appointed by the university works around 40 hours per week with 20 of these hours allocated to the running of the U3A. Most have accommodation within the university.

One message that came through from all presentations was we may all do it a bit different but there is a strong harmony in how we operate, with the same aim, learning for enjoyment for the senior communities across the world.

Is there a difference in the way we conduct our conferences here in Australia, yes- we are highly organised, registration, official name tags, and details available on request. This conference was

more relaxed and a celebration of U3A across the miles and 40 years of a movement that started in Toulouse but has spread across the world and growing at around 14% per year. When Professor Vellas introduced the idea 40 years ago I am sure he had no idea it would spread across the globe and so many people would benefit from the idea.

Barbara Lewis chair of the Third Age Trust in the UK would like to work with all U3As to continue to bridge the gap and start interaction between U3As across the globe, her theme “lets break down the barriers” this would involve sharing of ideas, opening our doors to our U3A cousins who visit our shores. If you would like to be involved you can drop me an email and I will put you in touch with Barbara.

Why attend an overseas conference –. I believe if you go with an open mind and believe that each day is a new day to learn, there is the answer. The networking is priceless and I pass onto you what was shared with me by a stranger as I looked over the river in Toulouse and he asked why I was there. After I had explained about U3A he shared these words with me “We will continue to learn until our fingers grow past the length of our fingernails”

I was given the opportunity to attend the IAUTA Extraordinary Assembly followed by the IAUTA General Assembly. In the extraordinary meeting the board voted on the acceptance or not of a U3A or general member to joining the IAUTA plus business that was to be taken to the IAUTA general assembly. In the general assembly they welcomed new members and voted on changes to their constitution and other relevant matters. The board is made up of people from many countries and a number of meetings are held online with face to face at conferences.



Delegates from Sweden, Brazil, Spain and Australia are shown around the University

I believe that the papers given will be available and will be sent out to those in attendance. If I receive a copy I will advise all Network Presidents and you will have the opportunity to receive a copy if you wish.

Rhonda Weston presented a video on the value of visiting Queensland whilst at the same time attending the Queensland. Asia Pacific conference in 2015. David Weston added some jumping Kangaroos across Rhonda's visuals which the delegates enjoyed.

All up a great experience. If anyone would like a copy of my presentation please let me know and I will forward it to you.

There is an Asia Pacific conference in Nepal in October and an IAUTA conference in Brazil in November 2014. If you would like further information email me.

Elsie Mutton, President
U3A Network Victoria
Chair Asia Pacific Alliance
elsiem@bigpond.net.au



In keeping with the provisions in the Vision 2020 strategic plan U3A Online has set up four sub-committees to consider ways to take U3A Online forward. They are concerned with Promotion, Education/Courses, Members Surveys and ICT. The sub-committees are made up of members who responded to a request sent out to them to become involved in their organisation. There is one CoM member on each sub-committee as the liaison person with the Committee of Management (CoM). They will report back to the CoM at the next CoM meeting in August but can continue to operate beyond that time if they wish.

It seems that the 'Broadband for Seniors' project will continue until 2017 but in what form we are still not sure. However this is good news for all the seniors who have received, and will continue to receive, help with learning to use computers and the Internet through this program.

The upgraded website is up and running and a deployment of the security updates, fixes to some of the bugs plus additional functionality that has been added will go into production next week. This is always an ongoing necessity. We are looking at the options for the most effective maintenance program for the site.

U3A Online is joining a project by Beyondblue to provide resources to vulnerable people who are isolated but need to have some social contact so that they don't feel so alone. This particular project

is geared to older people so is very relevant to U3A Online. This is in the form of a booklet which gives information about the resources and

The “Ageing well – Maintaining health as we age” project is underway and there is a link to the course, which consists of a Quiz and accompanying helpful information, on the U3A Online Home site. This ‘course’ is available to anyone – you don’t need to be a member of U3A Online to access it.

U3A Online was represented at the U3A Network NSW conference/AGM in Armidale and the U3A Network – Queensland conference/AGM in Cleveland. Being members of both Networks we like to give support whenever possible, as we do with all the Networks if we can.

The U3A Asia Pacific Alliance International Conference will be held in Kathmandu in October and I will be attending that to talk about U3A Online. While there, I will also be promoting the 2015 conference to be held in Brisbane on the 28th and 29th May. I have advertising postcards from Rhonda and the U3A Network – Queensland to take with me.

Di Delchau
President (26/06/2014)

BALANCE’n’BONES DVD

An important aspect of good health in older age is to maintain physical fitness, to strengthen bodies, to develop co-ordination and to prevent falls.

The U3A Network NSW has produced a DVD fitness program for mature aged people, *Balance’n’Bones*, devised and presented by Beth Denny, a qualified fitness instructor and U3A member. The DVD was launched in Sydney on 19th February by Kathryn Greiner AO, Chair of the NSW Ministerial Advisory Council on Ageing. The Minister for Ageing, the Hon. John Ajaka, praised the initiative saying it was a great way of ensuring seniors stay active and engaged in their communities.

It has been distributed to all member U3As of the NSW Network, where many are already using it to run a fitness class.

Copies are available for the purchase price of \$20 (plus \$5 p+p). and can be obtained by contacting me at the address below, enclosing a cheque or money order payable to the *U3A Network NSW Inc.*

Ainslie Lamb, 12 Station Street Corrimal NSW 2519
ainslielamb@gmail.com

WESTERN AUSTRALIA



At a recent committee meeting the strategic plan for the Network was approved. This will provide a firm basis for planning over the next two to three years. One of the aims will be to hold a state conference either in 2015 or 2016, probably in conjunction with one of our member groups.

Recently I visited Armadale U3A and was pleased to find an active group which has gained in membership in recent years. This bodes well for the future. They have a regular program of talks and have been on a number of excursions such as The Gravity Wave Centre in Gingin.

Mandurah U3A has held its second Q & A session along the lines of the popular ABC TV show. A panel of four scientists and environmental activists fielded questions from the audience. The well supported event was ably moderated by the popular former Lady Mayoress, Paddi Creevey, AM. It was the second annual event and is likely to become a fixture on the calendar in future. Award winning Wildlife Photographer of the Year and panellist David Rennie (pictured below), is engaged in earnest discussion with members after the event. The occasion was also used to cut Mandurah U3A's 24th birthday cake.

MANDURAH

David Rennie in



U3A

discussion



Armadale U3A
excursion to the
Gravity Centre at
Gingin north of Perth





Gingin excursion
(above) and
Marie Bugden, President
of Armadale U3A (left)



The editor (right)
with David
Hutton (North
Coast (Warwick)
U3A) at a Seniors'
Expo for the City
of Wanneroo.

A number of U3A members from North Coast (Warwick) and from Joondalup have been attending meetings in Wanneroo, one of the fastest growing areas north of Perth, with the aim of establishing a new U3A in that region. This is looking hopeful.

Our AGM is to be held on 17 July in conjunction with a Seminar run by U3A (UWA) Perth. For the first time the Network is financial enough to offer some modest travel subsidies for delegates from country groups.

Peter Flanigan (President WA Network)

SOUTH AUSTRALIA

In SA we are smiling because the small print of the State Labor Party's pre-election promises included U3A funding for the next four years. Despite the State budget taking a hammering from Federal cuts, it seems the Weatherill government wants to keep their word. Having been without funding for 2013, this was a great relief for our State committee.

On the negative side, we are currently negotiating terms and explaining to the bureaucrats that we have no paid staff nor are we over-endowed with volunteers to meet time-consuming acquittal procedures. It is astounding how much red tape can be injected into a simple, well-intentioned funding offer.

Full details should be available by the next quarterly meeting on Friday 18 July so we are looking for 100% attendance. The cycle of receiving funds, individual U3As submitting projects, receiving approval, expending funds, reporting back to us so we can do a formal acquittal will require us all to be on the ball, preferably have some shovel-ready projects and to stay in close communication. The price of keeping government funding will be for everyone to be a little more pro-active and responsive and I appeal to all U3As to cooperate.

Recently we made a call to all our U3As to provide photos which could form a library to be used with press releases. The range of activities this revealed was amazing. Whyalla U3A really took the biscuit with members playing games we'd never heard of: Kubb and Sjoelen.

Committee member Fran Mason explained, "One of our members, born in the Netherlands, and several of her friends have been playing the Dutch shuffleboard-like game of Sjoelen for many years. With them all being members of Whyalla U3A, it wasn't a surprise when one of them suggested introducing the game as a special activity. Three of them brought their boards along and the rest is history. Now an average of 14 members play three times per term."



Kubb, a Swedish outdoor lawn game, was introduced by a couple who learnt it on a trip to Switzerland. Introduced to members at a pizza picnic at the beach, it was such a hit that it is now played once a term on the lawn close to the local university's café so members can take refreshments while waiting their turn or just spectating. How civilised!

The Kubb photos show a marked out court and players throwing wooden sticks but the blocks of wood on the court remain a mystery. No wonder it attracts spectators.

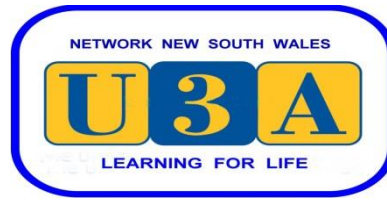


With such cultural diversity it is no surprise that Whyalla offers Esperanto in addition to French and German. It is particularly good to see this small U3A, with less than 100 members, is still thriving despite Allan Castle's recent retirement after 11 years as secretary (and 3 years as chairman before that). Between them, Allan and Margaret Castle have served almost 30 years on the Whyalla committee and still travel to Adelaide for State meetings.

It is pleasing how U3A often embraces oddball or fringe activities. While not as quirky as Sjoelen and Kubb, Campbelltown U3A formed a teaching squad to take Mah-jong to other U3As, Petanque (French bowls) provides many members with an excellent excuse to spend an hour or two in local parks, and ukulele groups seem to be taking off everywhere. Gawler U3A's last newsletter offered six ukulele groups.

Another highlight for the first half of 2014 has been the beginnings of a new U3A in the Riverland. The founding members are all ex-TAFE employees so we are expecting great things from this group which plans to base itself in Berri. Organizers have visited their nearest neighbouring U3A (230 km away) to seek advice and Lower North U3A is glad to take these newcomers under their umbrella until Riverland U3A is an officially incorporated independent body. Tell all your friends on the Murray that a new U3A is about to launch.

*Claire Eglinton
Secretary,
Alliance of U3As in South Australia Inc*



NEW SOUTH WALES

The highlight for NSW since the last Bulletin was the NSW Network's annual conference which was held at Armidale between 7 and 9 May. It was a great success, not only in terms of content and organisation but atmosphere as a number reported that it had a happy feel to it. The conference was preceded by a meeting of large U3As ie with a membership exceeding 300 when many ideas were pooled. Armidale Dumaresq Council generously hosted a Civic Reception on 7 May which was well attended. On Thursday 8 May we were inspired and challenged by firstly the keynote speaker, The Hon John Watkins, Chancellor of the University of New England and CEO of Alzheimer's Australia and a former Deputy Premier of NSW, who enlightened us on some disturbing statistics while outlining some ways of reducing the risks.

Then two of our own, Dr Ron Browne AM, a former NSW Network President and inaugural Chair of U3AAA and Ainslie Lamb AM, NSW Network Vice-President outlined the history of U3A and the challenges before us and how we might meet them. Dr John Scott a professor of Criminology at UNE outlined the ten crime facts you need to know about and then forget, while on Friday 8 May Lisa Langley from COTA, The Hon John Ajaka, the NSW Minister for Ageing and Adam Marshall the local Member addressed us and made positive remarks about U3A.

In the two workshops I attended firstly we had an example of the extent of the Network's Resource Library and ways to take control and expand its presentations and secondly brainstorming ways of improving course delivery. In between Armchair Theatre opened our eyes to another class activity, New England Singers from Armidale's many schools both entertained and inspired with their harmony, diction, discipline and enthusiasm, Southern Highlands U3A whet our appetite for next year's conference in Mittagong and Brian Hardaker the MC ably kept the program on track. It wasn't all hard work, though, as we also socialised over breaks and the conference dinner, when we were entertained by Gordon Edmonds.

The AGM was an insight into the year's activities and as the members of the old committee who offered themselves for re-election were all elected unopposed it was an indication that members are happy with the committee's efforts. The Members' Forum that followed commenced with the launch by Vice-President Ainslie Lamb of The Blue Book, a handbook for members, which was largely Ainslie's initiative and will be a valuable resource.

At the Queensland Network Annual Conference in June the benefits of having a strategic plan were emphasised. I'm pleased to say that the final year of the NSW Network's three year plan is well underway, following completion of an initial five year plan and the new committee has already started considering matters for inclusion in the next three year plan. Such plans have been key factors in keeping successive committees focussed on our objectives.

In terms of promotion a favourable article appeared in the Seniors Week supplement of *The Senior* and has resulted in a number of enquiries for the location of readers' nearest U3A and in association with the NSW Office for Ageing several committee members successfully manned a stall at Sydney's Royal Easter Show.

A special edition of our newsletter *Newslink* was sent to all NSW state and federal MPs and was met with some positive feedback.

Allan Haggarty

2014 Scholarship Recipients

Odyssey Travel recently announced that Talara Johnston and Rebecca Wardell were this year's recipients of **Odyssey's Academic and Financial Merit Scholarship** valued at \$10,000 each. As a not for profit provider of small group educational and learning programs. We are pleased to be able to offer scholarships such as those above with your support through booking a program with Odyssey.

Special Offer to U3A Members and Staff

Odyssey has a few places on the following programs departing in 2014 still available. These programs are guaranteed, meaning they will definitely go ahead. We would ask each state to promote the following programs to its members.

For each booking made to travel between now and December 31st 2014, Odyssey will also pass back \$100 per booking to the member's U3A state office.

To be eligible, bookings must be made direct with one of Odyssey's educational travel advisors.

Please find attached details of last minute offers we are providing specifically to your members for the Odyssey 2014 Educational Programs. We would appreciate if you could forward these to your members.



2015 Odyssey Programs

The 2014-15 Catalogue is now available and can be viewed online at www.odysseytraveller.com. We are happy to post catalogues out to your offices – please email l.boiteux@odysseytravel.com.au to arrange.





Educational travel specialists
 Celebrating 30 years of travel since 1983

Last minute offer on 2014 Educational Programs from Odyssey Travel

Southern Africa

Duration: 18 Days
 Starting: August 15th 2014
 List Price: \$9,950pp
 U3A Price: \$9,500pp
Saving: \$450pp
 Booking Ref: U3AJuly14SA



Treasures of Ireland

Duration: 18 Days
 Starting: August 25th 2014
 List Price: \$6,685pp
 U3A Price: \$6,500pp
Saving: \$185pp
 Booking Ref: U3AJuly14TI



Bellissima Italia

Duration: 22 days
 Starting: September 4th 2014
 List Price: \$8,250pp
 U3A Price: \$7,950pp
Saving: \$300pp
 Booking Ref: U3AJuly14BI



Discovering Iberia

Duration: 24 days
 Starting: September 13th 2014
 List Price: \$10,990pp
 U3A Price: \$10,500pp
Saving: \$490pp
 Booking Ref: U3AJuly14DI

La Belle France

Duration: 23 days
 Starting: September 15th 2014
 List Price: \$12,260pp
 U3A Price: \$11,995pp
Saving: \$265pp
 Booking Ref: U3AJuly14LBF

Please visit
www.odysseytraveller.com for a full
 list of Odyssey short tour and
 regular tours for 2015 and 2016.
 The U3A discount may be
 considered for other Odyssey
 Programs. Cannot be used in
 conjunction with any other offers.

Please have your members call
 1300 888 225 to arrange for a copy
 of the catalogue to be mailed to
 them.

Offer of \$250 off 2015 Odyssey Travel Programs

Myanmar

Duration: 14 days
 Starting: Nov '14, Feb/Mar '15
 List Price: \$5,190pp
 U3A Price: \$4,940pp
Saving: \$250pp
 Booking Ref: U3A2015/250



Treasures of Egypt

Duration: 17 days
 Starting: February 3rd 2015
 List Price: \$5,550pp
 U3A Price: \$5,300pp
Saving: \$250pp
 Booking Ref: U3A2015/250



Habin Ice & Snow Festival

Duration: 10 days
 Starting: January 23rd 2015
 List Price: \$3,100pp
 U3A Price: \$2,850pp
Saving: \$250pp
 Booking Ref: U3A2015/250



Colours of India

Duration: 22 days
 Starting: January 21st 2015
 List Price: \$6,490pp
 U3A Price: \$6,240pp
Saving: \$250pp
 Booking Ref: U3A2015/250



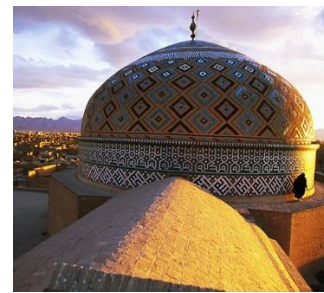
Taiwan Lantern Festival

Duration: 11 days
 Starting: March 2nd 2015
 List Price: \$3,930pp
 U3A Price: \$3,680pp
Saving: \$250pp
 Booking Ref: U3A2015/250



Persian Heritage

Duration: 17 days
 Starting: April 5th 2015
 List Price: \$5,200pp
 U3A Price: \$4,950pp
Saving: \$250pp
 Booking Ref: U3A2015/250



Please visit www.odysseytraveller.com for a full list of Odyssey short tour and regular tours for 2015 and 2016. The U3A discount may be considered for other Odyssey Programs. Please have your members call 1300 888 225 to arrange for a copy of the catalogue to be mailed to them. Cannot be used in conjunction with any other offers.

U3A Network Victoria Inc.

The Victorian Network has officially handed over the U3AAA Chair and Secretarial responsibilities to our Queensland colleagues who have assumed these roles for the next two years. We look forward to supporting them in furthering the work of in representing our State U3A Networks at a national level.

Members of the Victorian U3A Network Executive have been reviewing the outcomes and achievements during the term of our past four-year Growth Funding package with the Victorian Seniors Department. The outcome of this review process will influence the aims, objectives and terms of our forthcoming four-year agreement. It is anticipated that there will be realistic levels of improvements agreed upon in support of our community partnership programme.

Network Victoria's Technology User Group (TUG), formed to identify, evaluate membership management systems suitable for the use by Victorian U3As has now made its recommendation to the Network. The aims, as mentioned in the last Bulletin were to identify a commercially supported system offering a flexible data base structure to enable individual U3As to adopt those modular aspects relevant to their individual needs. The selected commercial system was found to satisfy most of the criteria and is currently under trial with two local U3As. Following a review of these trials outcomes it is hoped to have a suitable software and support package to offer to U3As finding it necessary to upgrade existing Membership Administration systems.

Members of the Victorian Network have been cooperating with COTA's Victorian branch on Victoria's State Productive Ageing programme. U3A Mornington Peninsula were recognised for their valuable service to the community as part of this year's Interfaith Festival held on the 8th June at the Peninsula Community Theatre, Mornington. The three U3A presidents proudly received the Order of Australia (Mornington Peninsula Regional Group) Community Award for Service.

A small contingent of Australian U3A members will have attended the International U3A Conference in Toulouse earlier this month by the time of circulation and it is anticipated that a specific report will appear elsewhere in this publication. The conference served to emphasise how various cultures apply the U3A concept to specific local needs by utilising various delivery methods. Whilst our Australian movement represents an interpretation of the British communal based U3A model, the conference highlighted the success in adapting the concept to meet specific cultural challenges confronting the elderly across the world.

Lindsay Glen



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FROM THE EDITOR

Many thanks to all who contributed to this newsletter. There has been so much material, in fact, that some photos were omitted. This is an issue that may need to be looked at in the future as the newsletter grows.

Deadline for the next issue is October 25.

Peter Flanigan u3apeteraa@bigpond.com

LAST CALL FROM TOULOUSE



David and Rhonda Weston with Kim and Eleanor Seng from Singapore attending the official opening of the conference by the Toulouse Mayor.